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Boy oh boy!

JOHN STILLWELL/POOL/THE ASSOCIATED PRESS

Royals. Party atmosphere hits London with the eagerly awaited birth of a new prince

Champagne bottles popped and shouts of "Hip! Hip! Hooray!" erupted at Buckingham Palace on Monday as Britain welcomed the birth of William and Kate's first child, a boy who is now third in line to the British throne.

Hundreds of Britons and tourists broke into song and dance outside the palace as officials announced that the future king was born at 4:24 p.m., weighing eight pounds, six ounces, at central London's St. Mary's Hospital — the same place where William and his brother Harry were born three decades ago.

The imminent arrival of the royal baby was the subject of endless speculation on social media and was covered for days on live television around the world, but in the end the Royal Family managed to keep it a remarkably private affair.

In line with royal tradition, a terse statement announced only the time of birth, the infant's gender and that mother and child were doing well. It gave no information about the baby's name, and officials would say only that a name would be announced "in due course."

"Her Royal Highness and her child are both doing well and will remain in hospital overnight," it said. William also issued a brief statement, saying, "We could not be happier."

Officials said William, who was by his wife's side during the birth, would also spend the night in the hospital.

London's landmarks, including the London Eye, lit up in the national colours of red, white and blue, and the city had a party atmosphere unmatched since last summer's Olympics.

A large crowd rushed against the Buckingham Palace fences to catch a glimpse of an ornate, gilded easel displaying a small bulletin formally announcing the news.

The framed sheet of paper became the target of a thousand camera flashes as people thrust their smartphones through the railings. Some waved Union Jack flags and partied on the streets to celebrate. THE ASSOCIATED PRESS

MORE COVERAGE, PAGE 6

This sugar may not go down easy

When it comes to the sweet stuff, are you better off with real sugar? Artificial substitutes? Natural alternatives? They all have their drawbacks PAGE 15

Grab that console and get your game face on

Electronic-sport players are now eligible for athlete visas in the U.S. PAGE 11

Chinese quake kills dozens

A temblor in the country's northwest triggers landslides and lays waste to homes PAGE 10

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Mother of three accused of poisoning toddlers in her care

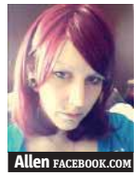
Multiple charges. 'In my mind she was playing the hero,' says mom of one of the alleged victims

Samantha LeBlanc says she woke one morning this March to find her two-year-old son on the couch "absolutely lethargic." He wouldn't get up.

LeBlanc and her 32-year-old friend Christine Allen — whom LeBlanc was helping by letting her stay at her Kitchener home — tended to the boy. Allen checked his pulse and suggested going to the hospital, where she drove them, LeBlanc said.

LeBlanc's son, Decklyn, returned to the hospital twice, the last time staying a week to treat the unknown ailment.

On Monday, after what police called a "lengthy" investigation, Allen — a mother of three and former unlicensed daycare operator — was charged with two counts each of aggravated assault and administering a noxious substance. Police say two different children — one whom Torstar News Service has identified as LeBlanc's — ingested an over-the-counter eyecare product, which can cause abnormal drowsiness, low blood pressure and decreased heart rates.


Allen FACEBOOK.COM

"In my mind she was playing the hero," said LeBlanc, for tending to her son and taking them to the hospital. She said she's known Allen for five years and that the two met at a parenting group. "It's very shocking.... I put a lot of trust in her."

Following the death of a toddler at an unlicensed Vaughan daycare earlier this month, and a Torstar News Service report on how the Ontario Ministry of Education is keeping complaints for those facilities secret, Monday's arrest prompted one NDP MPP to reiterate the party's calls for better oversight.

Torstar News Service has also learned Allen was accused by her former partner and father of her children of abusing prescription drugs in a custody battle that saw a court deny her primary care.

Insp. Kevin Thaler with the Waterloo Regional Police said Allen was allegedly watching her friend's child in March when the child became ill and was taken to hospital.

After the hospital contacted children and family services, police were called in to investigate, Thaler said. That investigation led police to an earlier case from July 2010, when another child left in Allen's care was treated for similar symptoms. TORSTAR NEWS SERVICE

Samantha LeBlanc with her two-year-old son Decklyn Desrochers, who was allegedly poisoned, outside her Kitchener home where it allegedly took place. ALEX CONSIGLIO/TORSTAR NEWS SERVICE

Post-surgery

Doc says to chill out: Mammoliti

Flamboyant city councillor Giorgio Mammoliti is taking it easy this summer, he says, on doctor's orders because the stress of city hall threatens his health.

Mammoliti said in an interview he skipped last week's marathon city council session, and will maintain light duties until September, after feeling pressure in his head while at work following brain and sinus surgery in April.
TORSTAR NEWS SERVICE

Father of two killed while skydiving mourned

The last time Dmitry Zaytsev saw his father was Saturday night.

Igor Zaitsev, 42, told his son to check out a weblink to a documentary he had emailed him before he went to bed. Dmitry was still asleep when his father left their Etobicoke home Sunday morning to go skydiving in Georgina.

Hours later, on his second jump of the day, he died after a crash landing.

"He was definitely a thrill-seeker," said Zaytsev, 19, of his father, who was an aerospace engineer at Bombardier.

Zaitsev crashed into the yard of a house on Smith Boulevard, near Highway 48, after jumping solo from a Parachute School of Toronto plane that took off from nearby Baldwin Airport. Although conscious when he landed, he was taken to hospital with serious injuries and later pronounced dead.

Zaitsev, an advanced student who had completed a five-hour training class at the school, was attempting a solo jump, but it's still not clear what went wrong.

"It essentially looks like he did not have control of the parachute while he was flying and landing," said Adam Mabee, president of PST, who has completed more than 1,100 jumps. The school has trained more than 55,700 first-time jumpers and provided more than 247,000 jumps.

Quoted

"Everyone always told him, 'Don't do it. Don't skydive, it's dangerous. You have kids.'"
Dmitry Zaytsev, on his father, Igor Zaitsev

On Monday, Dmitry Zaytsev sat in their Etobicoke living room, lined with toys and sofas, speaking to reporters.

Zaytsev's two-year-old sister came in on a pink tricycle after an afternoon ride with a nanny, but his mother, Tatiana Zaytseva, who runs an importing business, was not home.

"She's staying strong," he said of his mother.

Zaytsev said his father had a penchant for active vacations like skiing, but friends and family told him he should draw the line at extreme sports.
TORSTAR NEWS SERVICE

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On Twitter. Toronto Public Health takes on Jenny McCarthy

The City of Toronto now has an official opinion on whether or not an anti-vaccine American actress should be permitted to host an American talk show.

Or, at least, the city's health department does.

Toronto Public Health has opinions on lots: speed limits, supervised drug injection sites, restaurant menus, Halloween etiquette.

On Monday, the department launched a campaign on Twitter to get model and actress Jenny McCarthy fired from her new perch on the ABC gabfest The View. McCarthy claims that vaccines cause autism, a suggestion unsupported by scientific evidence.

"Jenny McCarthy's anti-vaccine views = misinformation. Please ask The View to change their mind," the department wrote on Twitter. "Jenny McCarthy cites fraudulent research on vaccines & it's irresponsible to provide her with The View platform."

TORSTAR NEWS SERVICE

Councillor chimes in

- "They clearly have too much time on their hands," said Denzil Minnan-Wong. Toronto Public Health, he said, should focus on "health issues in the city of Toronto that need serious action and consideration rather than starting campaigns against American television programs."

This undated image released by ABC shows Jenny McCarthy on The View, in New York. The actress and former Playboy playmate was named to join the panel of the ABC weekday talk show The View. THE ASSOCIATED PRESS

Rapper J. Cole apologizes for autism reference

Derogatory. Vaughan mom upset over the lyric as she waits to find out if her son has autism

JESSICA SMITH
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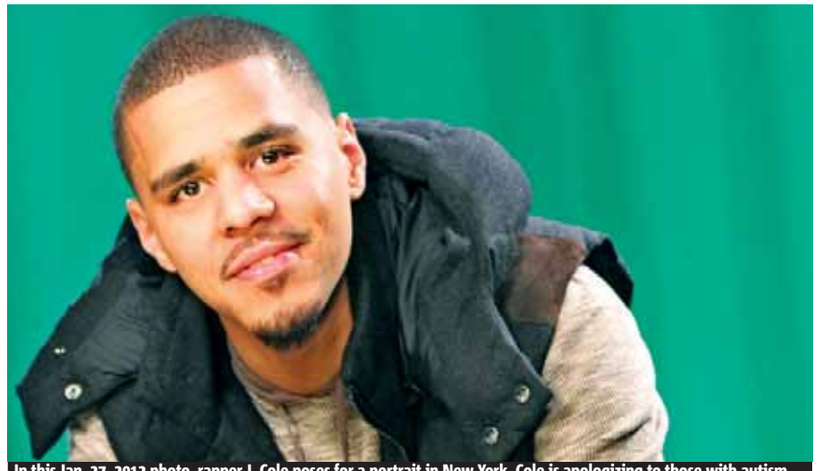

In this Jan. 27, 2012 photo, rapper J. Cole poses for a portrait in New York. Cole is apologizing to those with autism and their families for an offensive lyric. MARY ALTAFFER/THE ASSOCIATED PRESS FILE

The word in Drake's Jodeci Freestyle, that offended Vaughan mother Debbie Almeida wasn't the one that's blanked out here: "I'm artistic, you n— is autistic, retarded."

Almeida is awaiting the results of the final test that may confirm what doctors have warned about: that her two-and-half-year-old son Chris has autism.

As she's learned a lot about why her son isn't speaking, she's learned a lot about autism.

"Everybody sings and raps about whatever they want, but when it comes down to something close to you and affects you and your family, it's upsetting," she said Sunday.

Calling someone with autism "retarded" and using autism as an insult hurts, she said, adding that her son is an intelligent toddler who has a bright future.

"He's very bubbly and very friendly. He likes to dance and jump and play — just like every other kid, but he has his little quirks."

American rapper J. Cole contributed that verse to Drake's song. After pressure mounted from people with autism and their loved ones, he issued an apology Sunday evening.

"Last week, when I first saw a comment from someone outraged about the lyric, I realized right away that what I said was wrong," he wrote on his blog dreamvillain.net. "I was instantly embarrassed that I would be ignorant enough to say something so hurtful. What makes the crime worse is that I should have known better."

Quoted

"Last week, when I first saw a comment from someone outraged about the lyric, I realized right away that what I said was wrong."

Rapper J. Cole

Drake's publicist has not yet returned a request for comment.

J. Cole prefaced his apology by saying rappers shouldn't have to apologize every time someone is offended.

"Recently there's been a trend that includes rappers saying something offensive, only to be attacked for it in the media and pressured to apologize. I have to be completely honest and say there's a part of me that resents that," he wrote. "I view rap similar to how I view comedy. It's going to ruffle feathers at times. It's going to go 'too far.' I do not believe that an apology is needed every time someone is offended, especially when that apology is really only for the sake of saving an endorsement or cleaning up bad press.

"With that said, this is not the case today. This letter is sincere. This apology IS necessary."

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Child-porn charges

Accused OISE prof no longer teaching

Benjamin Levin, facing numerous child-porn related charges, has "ceased" research and teaching duties at the Ontario Institute for Studies in Education, the University of Toronto has announced.

"In this case the gravity of the charges in relation to the mission of OISE is such that Professor Levin has ceased all university activities at this time," the university said in a written statement issued Friday regarding Levin, a former Ontario deputy minister of education.

TORSTAR NEWS SERVICE

Leering accusations

Massiah's second coming in court

More than a year after being found guilty of judicial misconduct for sexually harassing female court staff, Oshawa justice of the peace Errol Massiah is facing another public hearing over similar allegations — this time from a different courthouse.

Massiah is accused of leering at, touching and making sexual or offensive remarks to female court staff, prosecutors and defendants between 2007 and 2010, according to the complaint filed with the hearing panel. TORSTAR NEWS SERVICE

Who'da thunk it?

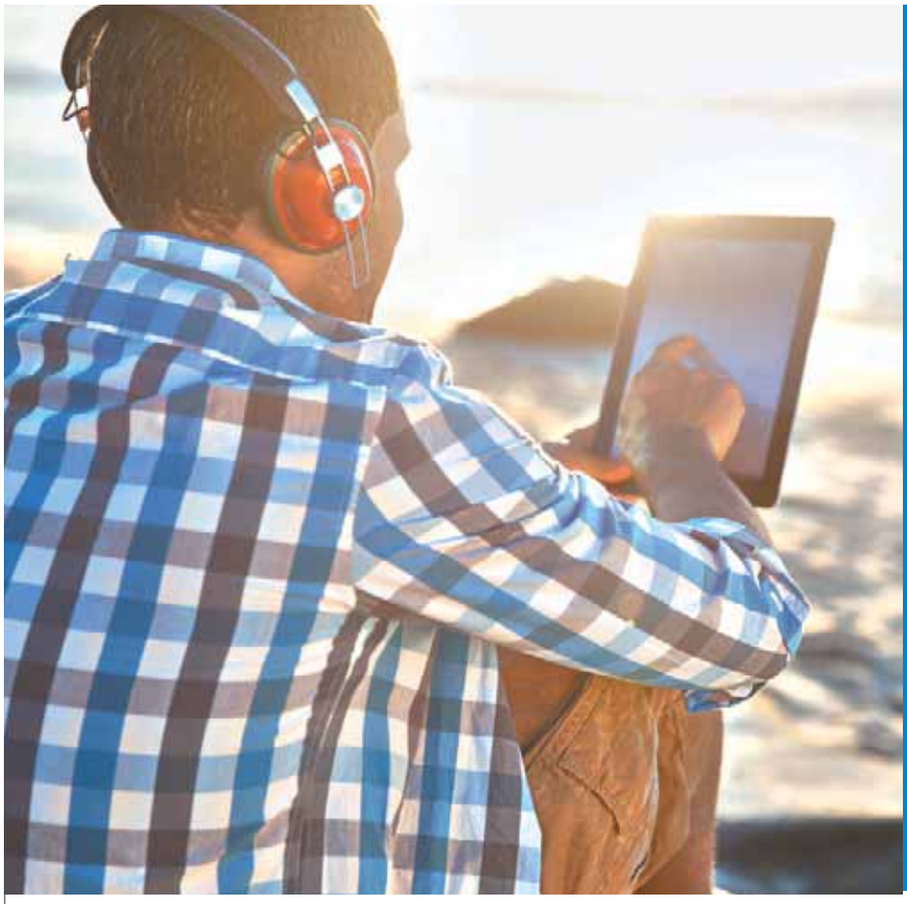
Baby grand piano stolen under guise of tune-up

A Toronto hospital says thieves made off with a baby grand piano by telling staff they were taking the rare instrument for a tune-up.

Police say two men lifted a Boston Steinway Baby Grand Piano onto a dolly to wheel it out of a fourth-floor conservatory of the downtown Toronto General Hospital on July 14.

"No one would ever expect someone to steal a piano," said Todd Milne, head of hospital security.

THE CANADIAN PRESS



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Cancer patient calls out for stem cell donors

Are you a match?
Chances are slim, but it's possible, and another person's life could be saved

JESSICA SMITH
jessica.smith@metronews.ca

From his room in the Princess Margaret Hospital, Chris Taylor is calling on healthy 17- to 35-year-olds to become stem cell donors.

"I need one, it turns out, to save my life," he said. "More importantly, it's for everyone who needs one."

The chance that someone — maybe someone reading this article — would be inspired to register as a stem cell donor and be a close enough genetic match to him is tiny. However, they could be a match for someone else and save a life.

Wearing a toque and hanging out on a pile of pillows in his hospital bed Monday, Taylor talked rapidly about how stem cell donation works — pausing briefly when he gets a nosebleed and digressing a couple times to talk joyfully about his job as general manager at Toronto pub Grace O'Malley's.

Like many people, Taylor, until recently, didn't know about OneMatch, a program run by Canadian Blood Services that matches potential stem cell donors to patients. Donors are mailed a package containing a buccal swab kit, which they swipe on the inside of their cheek and mail back. If they're needed, they'll get a call. They then donate stem cells from their blood or bone marrow.

"It's something you never hear about until someone you know needs it," he said.

Taylor, in his mid-thirties, had noticed for about a year that his health was deteriorating. He dismissed things like night sweats and migraines, at first, but then one night he woke up with severe chest pains.

"I woke up my girlfriend and said I might be having a heart attack."

He was later diagnosed with acute myeloid leukemia. After chemotherapy, it went into remission, but then came back, and now a stem cell donation is needed to save his life.

If a match is found, he has a good chance of living a normal life after the transplant, he said.

To donate

- At any given time, roughly 1,000 Canadians are searching for an unrelated stem cell donor. To sign up, go to OneMatch.ca

Chris Taylor sits on his bed at the Princess Margaret Hospital on Monday.
JESSICA SMITH/METRO

Bittersweet. Norwegian woman who made rape claim pardoned by Dubai

With her passport back in hand, a Norwegian woman at the centre of a Dubai rape claim dispute said Monday that officials dropped her 16-month sentence for having sex outside marriage in the latest clash between the city's Islamic-based legal codes and its international branding as a Western-friendly haven.

Dubai authorities hope the pardon of the 24-year-old woman will allow them to sidestep another potentially embarrassing blow to the city's heavily promoted image as a forward-looking model of luxury, excess and cross-cultural understanding.

"I am very, very happy," Marte Deborah Dalelv told The Associated Press after she was cleared by the order of Dubai's ruler. "I am overjoyed."

But the case points to wider issues embedded in the rapid rise of Gulf centres such as Dubai and Qatar's capital of Doha, host of the 2022 World Cup. These cities' cosmopolitan ambitions are often at odds with the tug of traditional views on sex and alcohol.

THE ASSOCIATED PRESS

Culture clash

Both alcohol consumption without a proper licence and sex outside marriage are outlawed, but the rules are difficult to enforce and generally only become an issue if authorities are alerted.

- Most foreign residents and visitors coast through Dubai's tolerant lifestyle. Women in full Islamic coverings shop alongside others in miniskirts, and liquor flows at resorts and restaurants.
- Yet once authorities determine a legal line has been crossed, it's often difficult for the suspects.
- Nowhere in the region are the two sides more in potential conflict than in Dubai, where the expatriate workforce outnumbers locals 5-to-1.

We're all in the same train

Train passengers and railway staff push a train car in their effort to rescue a woman who fell between the car and the platform while getting off at a station in Saitama, near Tokyo, on Monday. The unnamed woman in her 30s was pulled out uninjured to applause from onlookers. NORIHIRO SHIGETA/YOMIURI SHIMBUN/THE ASSOCIATED PRESS

Royal fans wait outside St Mary's Hospital on Monday in London. When the baby's birth was announced, they were seen on their feet, cheering and dancing. The child is third in line to the British throne. PETER MACDIARMID/GETTY IMAGES

Canadians welcome the prince of pomp

Royal birth. Prime minister, Governor General congratulate Will & Kate as admirers await new arrival's name

Canadians greeted their likely future king with a flurry of congratulations on Monday, but the long-awaited announcement of the prince's birth didn't seem to spark the same frenzy that surrounded his parents' wedding.

The country's political leaders were quick to send good wishes, with many issuing statements shortly after Clarence House officially announced that the Duchess of Cambridge had delivered a son.

Prime Minister Stephen Harper hailed the arrival of "a future sovereign of Canada," calling it a "highly anticipated moment for Canadians given the special and warm relationship that we share with our Royal Family."

Gov.-Gen. David Johnston also congratulated Prince William and his wife Kate, saying that as a father of five, he knows well "the elation that a new arrival brings to a young family."

Even those opposed to the monarchy welcomed the prince's arrival.

Tom Freda, director of the organization Citizens for a Canadian Republic, said any news involving the Royal Family renews the debate over the relevance of a monarchist system, "and debate is good."

Several national landmarks — including the CN Tower, Niagara Falls and Parliament's centre block — were set to shine blue Monday night in honour of the newborn prince.

Anticipation surrounding the royal baby had been building in recent days, but even royal-watchers recognized it hasn't rivalled the near-obsessive excitement that ushered in the royal wedding two years ago.

THE CANADIAN PRESS

A young family

"I think Kate and William are going to be fantastic parents and Princess Diana's sitting right on that baby's shoulder."

Linda Whaley, an admirer of the Royal Family who celebrated at Toronto's Royal York hotel.

Prince Charles and Princess Diana take home a newborn Prince William in 1982. JOHN REDMAN/THE ASSOCIATED PRESS

Watch the throne

Interesting facts relating to Monday's birth of a boy to Prince William and his wife, Catherine:

- **Number of weeks Prince William receives for paternity leave:** 2
- **Number of names the baby is likely to have:** 4 (Princes Charles, William and Harry all have 3 middle names)
- **Number of generations of direct descendants to the throne currently living:** 4
- **Time of prince's birth:** 4:24 p.m., U.K. time
- **Prince's birth weight:** 8 pounds, 6 ounces
- **Number of direct descendants of the Queen:** 15 (4 children, 8 grandchildren, 3 great-grandchildren including the new baby)
- **Number of years since the last direct heir was born:** 31 (Prince William was born on June 21, 1982)
- **Number of royal baby-related bets the Ladbrokes betting agency accepted on the morning the prince was born:** 50,000

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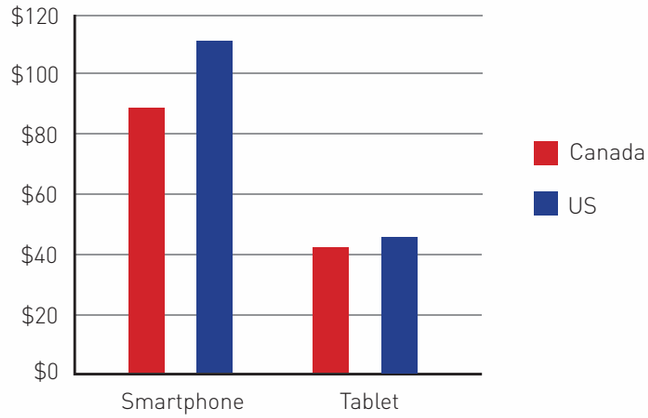

Source:
(1) As of July 17, 2013, based on rates for similar packages published by the three largest Canadian and two largest US carriers for the following devices: Samsung Galaxy S4, iPhone, BlackBerry Z10, Samsung Galaxy Tab, and iPad.

CANADA A WORLD LEADER IN WIRELESS

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Jailed Femen member fights new charges

Amina Sboui sits in the Msaken court near Tunis Monday. THE ASSOCIATED PRESS

Amina Sboui. Defence for 19-year-old argues charges fabricated by those mistreating inmates

An imprisoned Tunisian member of the Ukrainian women's group Femen told a court Monday, in her defence against new charges of insulting and defaming a civil servant, that she intervened after witnessing prison guards mistreating a fellow inmate.

Amina Sboui, 19, shocked Tunisians in March by posting topless photos of herself online to denounce the mistreatment of women in her country. She was later arrested on May 19 for scrawling the name of the group on the wall of a cemetery in the Tunisian city of Kairouan, where ultraconservative Muslims had planned an annual conference.

Sboui told the judges at the Msaken court that guards were beating another inmate in the Messadines women's prison where she is being held and she attempted to stop them. The verdict on those charges is expected on July 29. THE ASSOCIATED PRESS

Quoted

"To be behind bars is not as hard as to be outside watching a religious dictatorship take over Tunisia."

Amina Sboui

Nazi-themed cafe

Owner bows to pressure, won't reopen cafe

The owner of a Nazi-themed cafe in central Indonesia said Monday he has decided to permanently close down amid intense pressure from home and abroad.

Henry Mulyana, who opened the Soldatenkaffee in the West Java provincial capital of Bandung in 2011, said he is considering his options, but will not reopen the cafe. THE ASSOCIATED PRESS

Massacre in Norway

Victims of bomb, shooting attacks remembered

Norway on Monday marked the second anniversary of the terror acts that killed 77 people.

Far-right fanatic Anders Behring Breivik has confessed to the July 22, 2011, attacks in which eight people died in a bombing at the government headquarters and 69 others in a shooting spree at the Labour Party's youth camp on Utoya island. THE ASSOCIATED PRESS

Open letter: 100 pop stars plead for Pussy Riot parole

More than 100 leading musicians are calling for the release of jailed members of the Russian punk group Pussy Riot, from left, Maria Alekhina, Yekaterina Samutsevich and Nadezhda Tolokonnikova, seen here in a glass cage at a court in Moscow in October last year. Amnesty International said Monday that Adele, U2, Madonna, Yoko Ono, Radiohead, Patti Smith, Bruce Springsteen, Ke$ha, Sir Paul McCartney and Sting were among those who signed an open letter organized by the group. SERGEY PONOMAREV/THE ASSOCIATED PRESS FILE

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Trayvon Martin case

Zimmerman aids in rollover rescue

Officials say George Zimmerman helped rescue four people from an overturned vehicle last week, just days after he was cleared of all charges in the shooting death of 17-year-old Trayvon Martin. THE ASSOCIATED PRESS

Arlington, Texas

Coaster death being probed

Six Flags is using "both internal and external experts" to investigate the roller-coaster accident that killed a woman at its Dallas-area amusement park, company president Jim Reid-Anderson said Monday.

Rosa Ayala-Goana was killed when she fell Friday from a roller coaster at Six Flags Over Texas in Arlington. Witnesses said that she expressed concern moments before the ride began that the safety bar had not completely engaged. THE ASSOCIATED PRESS

Detroit in bankruptcy

Judge to hear from fretful pensioners

The federal judge overseeing Detroit's bankruptcy will hear arguments Wednesday on the city's request to freeze lawsuits by retirees who claim their pensions are protected by the state constitution. THE ASSOCIATED PRESS

Bodies in trash bags

Man to be charged in murder of three

A man will be charged with aggravated murder after three bodies wrapped in trash bags were found in suburban Cleveland, the mayor said Monday.

East Cleveland Mayor Gary Norton said a call to police led authorities to a home and a standoff with the man, who was eventually taken into custody. The mayor has said the suspect indicated he may have been influenced by the case of a Cleveland serial killer convicted in the deaths of 11 women. THE ASSOCIATED PRESS

Earthquake crumbles homes in rural China

At least 75 dead. City dwellers fare far better in solidly built homes

A strong earthquake that shook an arid, hilly farming area in northwest China sparked landslides and destroyed or damaged thousands of brick-and-mud homes on Monday, killing at least 75 people and injuring more than 400, the government said.

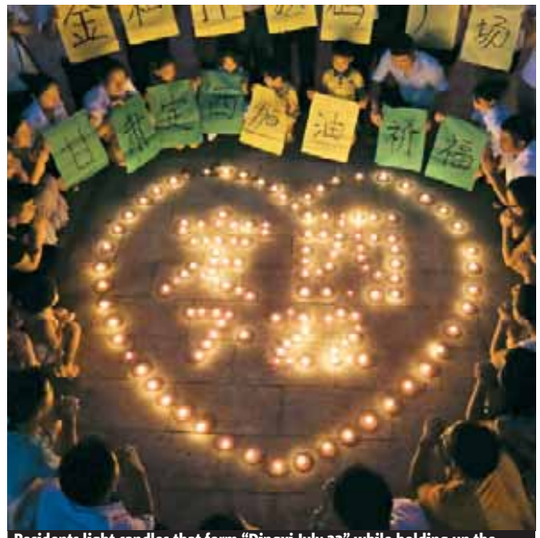
The quake near the city of Dingxi in Gansu province toppled walls and telephone lines, shattered houses and sent cascades of dirt and rock down hillsides, blocking roads and slowing rescue efforts by crews trying to reach remote areas.

Hospitals set up aid stations in parking lots to accommodate large numbers of injured, while hundreds of paramilitary People's Armed Police fanned out to search for victims in the farming region where the quake struck.

"I saw the bulb hanging from the ceiling start swinging wildly around. I woke my two friends and we ran into the bathroom to hide," said arts student Li Jingui, 21, who was on the fourth floor of a school dormitory in Dingxi.

Damage was worst in Min county in Dingxi's rural southern portion, where scores of homes were damaged, Dingxi Mayor Tang Xiaoming told state broadcaster CCTV. All but three of the deaths, all 14 missing and most of the injured were in Min, a likely result of shoddy construction.

Residents said the shaking lasted about a minute, but wasn't strong enough to cause major damage in urban areas, where buildings are more solidly built. THE ASSOCIATED PRESS



Residents light candles that form "Dingxi July 22" while holding up the characters "Gansu, Dingxi, Go on! Best wishes" during a candlelight vigil for victims of an earthquake near the city of Dingxi. THE ASSOCIATED PRESS

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Gamers go from couch potatoes to athletes

Big business. E-sport players are now eligible for athlete visas in the U.S., playing in popular tournaments for games like League of Legends

LUKE SIMCOE
Metro Online

Are video game players athletes? The U.S. government thinks so.

In what's being touted as a victory for competitive gaming, electronic sport players are now eligible for athlete visas allowing them to work, travel and reside in America for up to five years. The visas are the same as those given to foreign athletes in other major sports leagues, like the NBA and NHL.

The change comes at a time when e-sports in North America are transitioning from small-time hobby to big-time business.

"The ecosystem is growing by leaps and bounds," said Dustin Beck, vice-president of e-sports at Riot Games. "We're seeing an average of nearly four million fans tuning in weekly for our European and North American broadcasts and we hit 18 million unique views for our all-star finals back in May."

Riot, the company behind the popular League of Legends game and its attendant League of Legends Championship Series, was instrumental in lobbying for the visa changes.

"For it to be legitimized in the eyes of the U.S. government is a huge milestone for the pros and the sport," Beck said.

Prior to the change, foreign gamers would often face delays at the border or be refused entry all-together, sending their teammates scrambling to find replacements.

"Getting a visa was a lengthy and frustrating process," said Edmonton's Danny Le, better known by his League of Legends handle, Shiphtur.

The government's decision has sparked significant debate over whether gamers deserve to be called athletes. On sites like GameSpot and Reddit, some commenters are worried the move will undermine established athletes.

"Without a doubt I would consider e-sports players as athletes. We have to remain both physically and mentally fit. We do this by eating right, exercising daily and doing proper research to be ahead of the curve." said Le.

Like real athletes, gamers have rowdy fans cheering them on at championships — like this enthusiast seen at a League of Legends championships. COURTESY/RIOT GAMES

Market Minute

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WHAT ARE YOU STARING AT?

SHE SAYS

Jessica Napier
metronews.ca

My friend and I have a code word that we use whenever we catch each other staring at someone for a prolonged period of time. It's a subtle way to notify one another that it's time to look away. This is more of a one-sided initiative, however, as I never let my gaze linger for more than a couple of seconds while she has a tendency to stare excessively.

She insists that she doesn't realize she's doing it — hence the need for a secret phrase to covertly remind her to stop being creepy — and she's certainly not the only person out there with a habitual staring problem.

As a daily public transit user, I know all about uncomfortable eye contact with strangers. It can be difficult to know where to look in a packed train or bus, which is why most of us use props — books, cellphones, perhaps even this very newspaper — in an effort to avoid gazing at fellow passengers.

Social norms dictate that non-stop staring should be avoided, and yet some people just can't help themselves. Whenever I catch someone looking at me I immediately feel two things: embarrassed (because I fear a stray piece of spinach must have wedged itself in between my teeth) and kind of irritated.

Staring, even if it is harmless or unintentional, has the tendency to make others feel self-conscious and objectified. Nobody wants to be eyed up and down by a stranger, but what is the appropriate response to this sort of behaviour? I've never had the audacity to react with, "Take a picture, it'll last longer," but I have thrown out a passive aggressive "Can I help you?" on a couple of occasions.

Then again, maybe this notion that everybody is constantly looking at each other is all in our heads.

Earlier this year, researchers at the University of Sydney published a study on the topic of gaze perception and discovered that humans have a tendency to presume other people are staring at them, even when they aren't. And no it's not because we're a bunch of paranoid narcissists — this expectancy is actually a defence mechanism.

In primates, a lengthy direct gaze is a sign of aggression. Researchers theorize that this hostile interpretation could explain why humans are hard-wired to assume that they are being looked at in order to anticipate potential threats. It might also explain why we have an innate ability to "feel" as though someone is watching us even if we can't see them directly.

So remember, if you do come across someone worth gawking at, there's a strong chance that they are going to know about it.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

How to dress for survival

SAMS

Wetsuits to trick sharks unveiled

Australian researchers have launched a set of anti-shark wetsuits, using new expertise on the predator's eyesight to evade an attack. Scientists from University of Western Australia and designers Shark Attack Mitigation Systems (SAMS) made two types of wetsuits to protect swimmers. **METRO**

Suit yourself

- **The Elude suit.** Designed for divers and snorkellers, the blue-and-white outfit uses "disruptive colouration" camouflage, which is difficult for a shark to see.
- **The Diverter suit.** Made for surfers, the bold black-and-white striped suit mimics the colours of poisonous fish as a deterrent or repellent to sharks.

Project proves to be successful

Testing using dummies off Australia's west coast saw tiger sharks ignoring SAMS suits but targeting black wetsuits. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

A lot can happen in six seconds. If you're a comedian staring awkwardly into a silent audience, six seconds can feel like eternity — which is maybe why so many comedians turn to Vine to share their craft. If you've got six seconds to kill and are looking for a laugh, these comedians have your back.

Will Sasso

MadTV's Will Sasso's lemon-barfing vines have been making the rounds pretty much since Vine became a thing. But his gags aren't just lemons, as expected — there's no shortage of wrestling gags in his repertoire, too.

Reggie Watts

From personal thoughts to odd moments, the musical funnyman, recognizable for his giant hair, delivers his odd sense of humour like the weirdo, superstar he is.

Adam Goldberg

With an emphasis on the drink, Adam Goldberg's six-second vids are gold (usually in a glass, or after having drunk from a glass).

Letters

RE: Banning Chris Brown In Halifax: Would We Be Moral White Knights, Or Just Hypocrites? It's Complicated... published July 22

Last time I checked if you were a convicted criminal you were not welcome in Canada?

Plus, I don't think this punk has learned anything from beating his girlfriend at all, to listen to him he is the victim not her. Stay home Brown and join an anger management group.

mtwt posted to metronews.ca

Rodney Atkins, Axl Rose and Tommy Lee ... what do all three men have in common with Chris Brown? First off, I would like to say all three men have performed in Halifax, N.S.

Which is great for their fans, but if we were to compare them with Chris Brown: there is not much difference.

Rodney Atkins allegedly attempted to suffocate his wife with a pillow. Axl Rose has been accused of assault and sexual battery. Tommy Lee kicked Pamela Anderson while she was holding their son Dylan. He also beat a photographer at one point.

Before anyone judges Chris Brown, and thinks he shouldn't come, they should do their research on the others who have come here.

Melanie posted to metronews.ca

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DVD reviews

Trance

Director. Danny Boyle

Stars. James McAvoy, Vincent Cassel, Rosario Dawson

●●●○○

Genre-hopping British filmmaker Danny Boyle describes this serpentine psycho-thriller as personal therapy, a stress reliever he made while also directing last summer's Olympics opening ceremony. The stop-and-start nature of the production may account for the film's patchwork vibe. More difficult is the lack of feeling it summons for the three principal characters, played by James McAvoy, Rosario Dawson and Vincent Cassel. Trance begins as a heist picture, one in which Goya's fearsome masterpiece Witches in the Air sells for a cool $42 million in London, before vanishing under the watch of auction official Simon (McAvoy). Then the confusion really starts, as a hypnotherapist Elizabeth (Dawson) and crook (Cassel) get involved. The problem with Trance is that Boyle and his writers want to mess with more than just Simon's brain. The story becomes twisted and unreliable to the point of being downright silly, as motivations shift and finding the missing Goya starts to seem like the furthest thing from everybody's mind.

PETER HOWELL

Pieta

Director. Kim Ki-duk

Stars. Min-soo Jo, Jeong-jin Lee, Ki-Hong Woo

●●●●○

A mother's love for her child takes on brutal new meaning in this film by Kim Ki-duk, one that's as hard to watch as it is to forget. It boldly brings together the two sides of the South Korean auteur: the penchant for sadism from such earlier works as Bad Guy and The Isle, and the spiritual reflections of his master stroke, Spring, Summer, Fall, Winter ... and Spring. Themes of vengeance vs. forgiveness bleed into each other as the story becomes a meditation on life's meaning.

PETER HOWELL

Don't forget your costume!

Another year of Comic-Con is behind us, with fans and celebrities limping away from the San Diego Convention Center. Metro asked some of the celebrity attendees for Comic-Con survival advice.

Lily Collins

Star of The Mortal Instruments: "(Bring) a pair of flats, because running in (high heels) has been really difficult. Oh, and Band-aids. And bring your camera. I've been taking so many photos."

Dane DeHaan

Star of The Amazing Spider-Man 2: "From what I've seen in terms of being a fan coming here, it's a lot about patience, because those are some long-ass lines."

Jamie Campbell Bower

Star of The Mortal Instruments: "Lots of water. Stay hydrated because sometimes those costumes, oh boy. I mean, you don't want to be walking around looking like Chewbacca and not have water."

Bill Hader

Stars in Cloudy with a Chance of Meatballs 2: "Don't go (laughs). Know what you like. Have specific things that you like and just go to those. And then on the way to those you'll catch glimpses of other things."

Harris isn't afraid to carve her own path

Hatchet 3. Horror heroine bucks Hollywood convention and is content with "just being me"

CHRIS ALEXANDER
scene@metronews.ca

Danielle Harris is really a machine disguised as a woman.

The whirling dervish of an actor began her professional journey as a child star in the '80s, starring in the back-to-back horror sequels Halloween 4 and 5 as a little girl running afoul of masked killer The Shape.

Thankfully she stepped away, grew up, and re-emerged as an intelligent, unaffected and level-headed blend of performer and savvy businesswoman and is now a major star in the horror underground and one of the most prolific people alive, averaging at least five pictures per annum and appearing at countless fan conventions.

Among her many credits this year — including Among Friends, her directorial debut — is the Adam Green-produced slice and dicer Hatchet 3, opening on Wednesday as part of the Raven Banner/Cineplex theatrical horror series Sinister Cinema.

From Halloween to Hatchet, Danielle Harris has horror covered. HANDOUT

In it Harris plays Marybeth, a tough heroine who crosses paths with deformed killer Victor Crowley (Kane Hodder). It's a role she took over from the first film's Tamara Feldman, but as she explains, she had no trouble making the character her own.

"When I was cast as Marybeth in Hatchet 2, I wasn't worried at all," Harris says.

"In the first film she was weaker but I had the chance to make her more assertive and more of an adversary to Victor. And really, I have a 'get out of jail free card' with the fans. They seem to embrace me in whatever film I'm in, so there was no pressure at all."

Harris is right; she is most certainly a fan favourite — a beautiful, talented and tenacious artist whose frantic schedule would crush a lesser person. And yet she seems to find balance and is still having a blast navigating Hollywood and carving her own niche.

"I don't have an agent. I don't need one anymore. And I don't need to audition anymore. I can't stand auditioning. By now, people know who I am and what I can do. And although people do recognize me now, I have no desire to ever be on the cover of Us Weekly or be pushed into that world. I'm happy doing my work, acting and directing and running around in my baseball hat, just being me."

If you go...

Hatchet 3 will screen at Cineplex theatres across Canada on Wednesday and Danielle Harris will be appearing live for a Q&A at the Toronto Hatchet 3 showing at the Cineplex Yonge and Dundas. For ticket info visit cineplex.com.

SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Selena Gomez ALL PHOTOS GETTY IMAGES

Single Selena learned lessons of love in the limelight

Selena Gomez, who turned 21 Monday, confirms in an interview with Ryan Seacrest for an E! special that she and Justin Bieber are not together — at the moment — but that the in-the-spotlight relationship taught her a number of things. "I learned a lot. I learned that I should definitely keep it way more private next time," she says, adding that "honesty" is the main thing she looks for in a man. "Egos turn me off, big time. I mean, it's hard to just date in this industry, it really is, because it doesn't have to be anything serious, it can just be something fun — and it should be because I'm young — but you can't really help the people that you meet or that you fall in love with or that you want to date."

Row, row, Rowland your boat, not so gently down the stream

Kelly Rowland

Kelly Rowland's fun day-trip whale-watching off the coast of Provincetown, Mass., turned into quite the ordeal when the singer and her party ended up lost at sea for 12 hours before being rescued by the Coast Guard, according to CBS News. The captain of the private vessel reportedly became "disoriented in the five-to-six-foot waves and fog that had rolled in," a source says. The boat was located by the Coast Guard and was being escorted back when it broke down and had to be towed the remaining four miles to shore. An employee of the towboat company says the passengers were "tired and thankful" and "just wanted to get off the boat."

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Billy Ray and belle resolve to heal achy breaky hearts

Billy Ray Cyrus

Billy Ray Cyrus and his wife, Tish, are calling off their divorce, a source close to the couple confirms to E! News. "I spoke to Tish and she told me they both woke up and realized they love each other and decided they want to stay together," the source says. "They went into (couples) therapy with the goal of divorcing in a way that was healthy for the children but ended up coming out of it with the realization that they in fact want to stay together. Tish sounds happy and energized about having this fresh start."

The Word

Hungry, hungry Harry: Disappearing Daniel worries weight-watching fans

THE WORD
Dorothy Robinson
scene@metronews.ca

Daniel Radcliffe's recent gaunt, exhausted appearance has fans worried, but his rep insists it's all work-related, telling Yahoo's omg! that Radcliffe's current stint in The Cripple of Inishmaan on stage in London "is a very demanding role, physically."

But the toll the show, and the summer weather, have been taking on the Harry Potter star haven't stopped him from tending to his fans.

"At every night's performance there is a large crowd at the stage door, and he takes the time to sign autographs and pose for pictures at length," his rep adds, "regardless of the extreme London heat wave."

You know, if this were any other star, I'd say something like: "The heat wave here isn't getting me into a size six, what is going on with Daniel (cough, drugs, cough)?" But it's Daniel Radcliffe! No way! He's just going to look sickly and we will accept the reason his publicist gives us.

And this, my friends, has never happened before in this column. Is the birth of the Royal Baby making me mushy toward all things British?

Best Health

Staying hydrated in summer — continued

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the Summer issue of Best Health we feature an article by one of our columnists, registered dietitian Sue Mah. She talks about the importance of getting enough fluids, especially in the hot summer months when we sweat more. But, as we talked about last week, not all drinks are created equal.

Healthy choices
In addition to water, coconut water and vitamin-enhanced waters, here are some other options:

Lower-fat milk
It has lots of essential nutrients. One cup of one per cent milk has calcium, vitamin D, magnesium and phosphorus.

Vegetable juice
These typically have one full serving of veggies, and fewer calories than fruit juice.

Not-so-healthy choices
Here is one you might want to limit:

Sports drinks
A bottle of a sports drink like Gatorade contains 150 calories and 35 grams of sugar. It also has 270 mg of sodium. Try one of the calorie-reduced versions.

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The bitter truth about sweeteners

Debate. Have a sweet tooth but don't know what's best (or worse): fake sugar or real? Here's the lowdown on the popular sweeteners

MICHELLE CASTILLO
life@metronews.ca

Get to know what you're putting in your body. ISTOCK PHOTOS

Want to know what sweeteners are good for you? Metro breaks down the benefits and drawbacks of the most common kinds.

Sugar

Natural, yes, but "added sugars" (which also include simple sugars like honey and brown sugar) was recently put on the American Heart Association's (AHA) black list of items that were detrimental to heart health.

"The best rule of thumb is to start with an unsweetened food and add just a touch of sweetener yourself," nutritionist Dr. Janet Brill explains. "For example, try unsweetened iced tea or plain, non-fat yogurt and add in a touch of your sweetener of choice."

Aspartame

One way to avoid added sugars is to use an artificial sweetener. Aspartame is made up of methanol, phenylalanine and aspartic acid, and is 200 times sweeter than sugar, says Brill. Brand names of the product include Nutrasweet and Equal. As an added bonus, it is calorie-free.

While the U.S. Food and Drug Administration and the European Food Safety Authority have said it is safe for human consumption, some research has cast doubt on its long-term safety.

Malitol and sorbitol

These artificial sweeteners are sugar alcohols. They are not completely absorbed in the body, which means that the body takes in less calories than when you consume regular sugar, Brill explains.

However, they can cause several gastrointestinal side effects.

"Most 'sugar free' or 'diet' foods are made with one of these sweeteners, which is exactly why when you eat those foods you are more gassy and bloated," says celebrity nutritionist Mark Macdonald, author of New York Times-best-seller Body Confidence.

"Your body cannot metabolize fake sugars. There has been many other health and digestive challenges reported with these fake sugars, so you are always better to use the healthy sweeteners to sweeten up your food."

Agave nectar

Agave nectar is a natural sweetener made from the same plant that they use to make tequila. It ranks low on the glycemic index, which means it does not raise blood sugar levels rapidly.

However, this may be due to the fact it is hard for the body to process because it is a form of fructose, chemically similar to high fructose corn syrup.

Though it contains some additional minerals, it is in too low quantities to make a significant difference.

Stevia

Stevia is a natural sweetener made from a South American plant that has been used for hundreds of years.

"Stevia is the healthiest low cal sweetener on the market, so that is what I recommend most," Macdonald pointed out.

However, recent research shows that stevia may not lower blood sugar levels and could negatively affect blood sugar control in diabetics.

IBS and Probiotics
Recruiting participants for research study

The Canadian College of Naturopathic Medicine is conducting a research study on probiotics and their effectiveness in relieving digestive discomforts such as gas, bloating, constipation and diarrhea.

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New study. Children's behaviour could predict future alcohol abuse

A new study shows that how children act before they reach five years old might predict their alcohol use a decade later.

The study, announced July 12 by the Virginia Commonwealth University School of Medicine, showed that childhood temperament can predict future alcohol engagement.

Most risk factors for alcohol abuse include roots in early childhood, according to the study, that stick with them through adolescence.

The research team found that childhood temperament before five can predict alcohol use at age 15 and a half.

"Most scientists who study alcohol use start studying people in adolescence, since that is when alcohol use is usually first initiated," says Danielle Dick, Virginia Institute for Psychiatric and Behavioral Genetics professor and the study's author.

"But people don't enter adolescence as blank slates. They have a history of life experiences that they bring with them, dating back to early childhood."

Both children who showed emotional and behavioural problems, and those consistently sociable, were at risk for alcohol abuse, researchers say.

"This underscores the fact that drinking during adolescence is largely a social phenomenon," Dick adds. "We know from other studies that most adolescent drinking is high risk — for example, binge drinking."

Risk factors for alcohol abuse appear to be rooted in early childhood experiences. ISTOCK PHOTOS

Full results will be published in the December issue of Alcoholism: Clinical & Experimental Research.

ALISON BOWEN/METRO

iKnife: the smartest weapon against cancer

Health. Metro watches one of the first demonstrations of a breakthrough technology

KIERON MONKS
Metro World News

The surgery room fills with acrid smoke as the electronic knife sears lines into the patient. The smoke is captured and passes through a tube into a vending machine-sized gadget on wheels.

After a few moments of analysis it responds: "Green, 92 per cent healthy."

The patient in this case is low quality pork, as medical ethics would not allow a human subject for this live demonstration of the iKnife. The surgical "intelligent knife" represents a potentially transformative breakthrough in the battle against cancer.

"It can change the world," says Professor Jeremy Nicholson, Head of Surgery and Cancer at Imperial College London (ICL), where the device was developed.

Using a process called Rapid Evaporative Ionization Mass Spectometry (REIMS), the iKnife tells surgeons in real-time whether the tissue they are cutting is cancerous. A trial of 91 patients recently concluded with 100 per cent accuracy, and detection is sensitive enough to detect tumours 1/1000th the size of a pinhead.

While surgery is the leading treatment for the world's biggest killer, it relies on crude methods. Surgeons must cut away high volumes of healthy tissue as an error margin. Worse still, they often miss cancerous tissue that causes the disease to recur even more dangerously.

The new gadget would reduce those recurrences and open up new opportunities, its developers say.

"There would be more chance to operate on high-risk patients and shift the border between operable and inoperable," the iKnife inventor and ICL surgeon Dr Zoltan Takats told Metro.

The same technology could be used to identify other dangerous features such as blood disease or bacteria, and even to distinguish horsemeat from beef.

The iKnife is in its final trial and product design stages, following successful tests in Hungary, Germany and the UK, with one challenge to reduce a unit price of around $400,000. ICL expects it to enter regular use "within a few years."

A member of the intelligent knife development team uses the knife on a piece of animal muscle during a demonstration at St. Mary's Hospital in London. SANG TAN/THE ASSOCIATED PRESS

Life-changing

"There would be more chance to operate on high-risk patients and shift the border between operable and inoperable."

Dr. Zoltan Takats
iKnife inventor and ICL surgeon

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ADVANCING GENERICS

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Rocky Mountain Cheesecake: the scenic route for taste buds

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

These individual party-in-your-mouth Rocky Mountain Cheesecakes are perfect when you want a controlled portion of dessert. The water bath keeps the cheesecakes smooth and silky tasting.

1. Preheat the oven to 350 F. Line a 12-cup muffin tin with paper liners.

2. Combine ricotta, cream cheese, sour cream, egg, sugar, cocoa and flour in food processor. Purée until smooth. Divide mix among the prepared muffin cups.

3. Set the muffin tin in a larger pan. Pour enough hot water into the pan to come halfway up the sides of the muffin cups.

4. Bake in centre of oven 20 minutes. Remove and sprinkle marshmallows and chocolate chips evenly over the cheesecakes. Return to the oven and bake for 5 minutes longer, or until the marshmallows and chocolate chips begin to melt.

5. Remove the muffin tin from the water bath and cool on a rack. Chill well before removing the paper liners and serving. **ROSE REISMAN**

Ingredients

- 1 3/4 cups smooth ricotta
- 1/2 cup light cream cheese, softened
- 1/2 cup low-fat sour cream
- 1 egg
- 3/4 cup granulated sugar
- 3 tbsp unsweetened cocoa powder
- 1 1/2 tbsp all-purpose flour
- 1/3 cup miniature marshmallows
- 3 tbsp mini semi-sweet chocolate chips

This recipe serves 12. ROSE REISMAN

Health Solutions

Melt in your mouth sweets

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

There is nothing like a great dessert to end a perfect meal ... but, what happens in the summer?

Baking just isn't in the cards for many people.

Frozen desserts are your perfect solution and granita is way easier than ice cream.

The bonus is that you can use just about any fruit that may be a little too ripe to enjoy and impress guests.

Only you will know that all you needed was a metal cake pan and a fork.

The trick with granita is to make sure you're breaking up the ice as it freezes.

- 1 cup of simple syrup (Note: To make "simple syrup" boil 1 cup of water and 2 cups of sugar until dissolved. Let cool.)
- 1 cup of puréed fruit

1. In a blender, whiz together simple syrup and any ripe fruit.

2. Pour into a metal pan and freeze. Scrape crystals as they form every hour or two.

3. Serve in individual champagne or martini glasses as a treat, dessert or palate cleanser at a summer barbecue.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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"Number one job site" based on six-month average online job postings for period ending May 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Male survey results are in: pre-stalking prospective partners all the rage

Askmen.com recently announced the results of its Great Male Survey conducted in Canada, the United States, Australia and the United Kingdom.

The survey covered a number of topics, including dating and sex; health; politics; entertainment; fashion; career/business; and technology.

Here is a look at some of the Canadian dating and sex results from the survey.

• 36 per cent believe a sense of loyalty is the most important trait for deciding if a woman is "relationship material".

• 74 per cent would not cheat on their partner, even if there was no chance of them finding out.

• 68 per cent of respondents would lie to their partner to avoid an argument.

Manly man

Thirty-eight per cent of respondents believe Vladimir Putin is the manliest political figure (over Barack Obama, Bill Clinton, Paul Ryan and Kim Jong-un).

• 52 per cent of respondents would dump their partner if they gained a significant amount of weight.

• If they could change one thing, 23 per cent of respondents would change their partner's nagging.

• 37 per cent of respondents believe women start losing their looks at 40 years of age.

• 76 per cent would pre-stalk a prospective partner.

• 84 per cent of respondents answered no when asked if they've ever said, "I love you" just for sex.

• 71 per cent of respondents fantasize about a partner's friend.

• 53 per cent of respondents have never been tested for STDs.

FOR MORE RESULTS, CHECK OUT ASKMEN.COM. METRO

Dinner party etiquette

It is never OK to leave your cellphone on the dinner table. ISTOCK IMAGES

Hold the phone!

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Conundrum

You are going out to an important formal dinner at your boss's home. Your four-year-old child is home sick with a temperature and has a babysitter.

Is it reasonable for you to keep your cellphone on the dinner table to take any texts or calls that may come in from the babysitter, even if the babysitter is a mom herself who has babysat for you many times before?

Answer

It is never OK to leave your cellphone on the dinner table. Firstly if you are worried that your child is that sick, than perhaps it might be better to stay home and take care of him yourself.

Secondly, if you must go out and anticipate a call, first inform your hostess in private of the situation, secondly keep your cellphone on vibrate and in your pocket or lap. In the event that it does ring, excuse yourself from the table (don't explain why, just a simple "excuse me") and leave the dinning room before taking the call. If the situation is serious, then return to the dinning room and politely whisper into the hostess's ear that you must excuse yourself and return home at once.

Remember to send a note of apology the following day, and include how your child is doing.

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Making a case to keep a cash stash

YOUR MONEY
Alison Griffiths
money@metronews.ca

Keep a few hundred dollars in cash at home. You never know when you'll need some money in an emergency. ISTOCK IMAGES

I love cash. When bad things happen — lost wallet, power outage and credit or debit card terminal woes — a secret cash stash rules.

Here's a case in point. My youngest daughter had a fraudulent charge on her credit card. She caught it and got a new card. However, she now appears to be on a high-risk watch list and any "odd" transaction triggers a block. On a recent trip to the U.S. her card was declined while trying to fill up her car to drive back to Canada.

Luckily, she occasionally listens to her mom and had an emergency $100 stashed in her car.

At home and everywhere you go some cash should be available. And I don't mean through ATM machines. They can run out of bills, break down or be felled by a power outage as happened during the recent floods in Alberta and Greater Toronto.

At home, I recommend singles have around $200 cash while families should aim for at least $100 per person. Yes, someone could break in and find the dough under your mattress. But the risk is small compared to the inconvenience of being stuck without money in an emergency.

During holidays or business trips, you should have sufficient funds available for at least one night at a hotel plus meals. Sure, there are emergency replacement services available, but you can't always contact the credit card company and a couple of days might pass before the replacement arrives.

During Hurricane Sandy friends were forced to stay an extra three days in Virginia with no cellphone service and the single ATM at the local one-horse town was on the fritz. Fortunately, they had $500 cash and were comfortably able to wait out the storm. Kids also need to be made aware of the emergency cash. A note and receipt for any money used is a good plan. Granted, a stash can be tempting. When my oldest daughter was in high school she cleaned out the teapot and bought pizza, movies and taxi rides for a bunch of friends. She paid it back, with interest, and never went near it again — except for real emergencies.

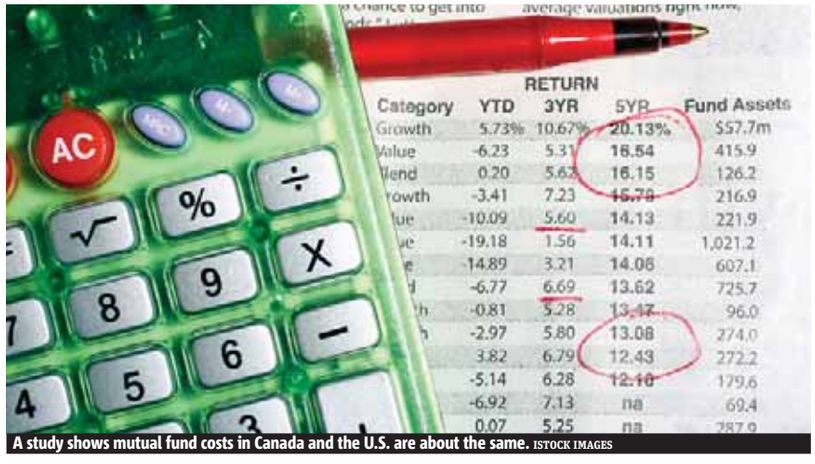
Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In numbers

$1,100

What Brad Pitt keeps in his wallet, from People Magazine.

Mutual understanding about funds



A study shows mutual fund costs in Canada and the U.S. are about the same. ISTOCK IMAGES

A recent study by two highly respected research firms shows that owning mutual funds costs about the same in Canada and the U.S. In both countries, the cost (excluding taxes) is around two per cent.

This research is significant. In the past, comparisons between the two countries did not recognize some key differences in how the costs are packaged.

In Canada, the costs of the product and of the adviser's time and support are all included together in the "management expense ratio," which investors can find on their quarterly statements. In the U.S., many investors pay a separate fee to their advisers, and this fee-for-advice is not included in the so-called "total expense ratio" shown on their quarterly statements. Therefore, if you compare the cost on the quarterly statements from both countries, the Canadian number will always look higher because the U.S. number doesn't include all of the costs.

Are fees higher when they are charged separately?

The research found that many U.S. investors who pay for advice separately are paying more than they used to pay when the fees were included in the total charges. First-time investors and small-to-medium investors are likely to pay much more for advice when it is charged separately, rather than as part of the product package.

The existing Canadian model serves investors well because they can easily identify their total costs and compare costs across funds.

Do separate fees mean more — or less — advice?

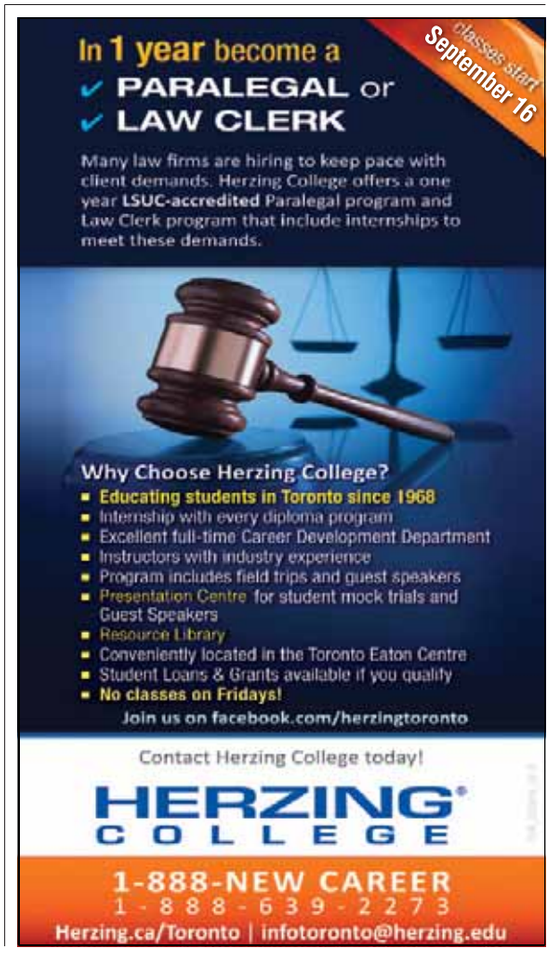
Unbundling of fees may lead to what experts call a "serious advice gap." A survey of more than 2,000 adults in Britain found that charging separately for advice was prompting many people to stop seeking advice.

As a result, many advisers in Britain are focusing on serving wealthier clients. Some experts predict that up to 5.5 million investors — 11 per cent of the population — will not have access to advice as a result.

Why is financial advice important?

Credible research shows that having an adviser causes people to be more disciplined about their savings. This produces much better financial results for the investor. The difference can be as much as 2.5 times more wealth for people with advisers, compared to people who do not receive investing advice.

Without the discipline to save that is reinforced by having an adviser, people will save less, and they may not have enough for retirement, leaving them dependent on government programs. Average and small investors will be affected the most. NEWS CANADA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If you can't seem to get your point across via email, take the opportunity to meet a client outside of the office. Not only will it improve communication, it will give you the boost to get off your behind. ISTOCK

Mind your body and your business

All work, no walk, makes Jack a sick boy. Don't forget to pencil wellness into your working day

Even if you eat well and exercise regularly, sitting at a desk for eight hours a day can negatively impact your health. According to Sherry Torkos, pharmacist and author of The Canadian Encyclopedia of Natural Medicine, there are a few simple ways you can stay healthy at your desk job.

Rest your eyes

Staring at a computer screen all day can cause regular users to experience vision problems.

Blinking frequently and giving your eyes the chance to regularly focus on something more distant can reduce eyestrain. Setting a timer to remind you to look away from the screen every 20 minutes will help relax your eyes and reduce fatigue.

Talk in person

Telephone calls, emails and other technological tools improve time management, but they can also contribute to an unhealthy office environment. Take opportunities to walk to a co-worker's office and talk face-to-face instead of sending an email or picking up the phone.

Having walking meetings can also be a useful way to boost energy and alertness. This allows employees to get up, stretch their legs and reduce the negative impact of sitting at a desk without effecting productivity.

Stand up for phone calls

If you do have to use the phone, stand up anytime you make or receive a call. This will give you the opportunity to stretch your legs several times a day and will become a habit helping you to lower the harmful effects of being inactive. Standing for phone calls will also generate energy in your body and your voice.

NEWS CANADA

Quench that thirst!

Hydration in an office setting is often overlooked.

- Your body requires a lot of water, even if you're sitting. Having a 1.5 L bottle of Nestle Pure Life will help you curb the afternoon slump and allow you to gauge how much water you've consumed throughout the day.

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Mom and Pop Shops

Reinventing the radio for a new generation

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Instaradio

What: An online application that allows users to broadcast music, speeches, radio shows and events live

Where: 1200 Yonge St.,

Why: "I've had this discussion with a lot (of people) who say they would rather do the video thing or text to share information because it's easier, but the funny thing is that it's not that people don't enjoy talking, it's just that there isn't a great application to do it."

Radio isn't dead ... or at least not yet.

Contrary to what many of my friends — and a few colleagues — believe, radio is here to stay and proof is finally here in the form of Instaradio. It's a new app that allows users to create, distribute and share audio with people around the world.

Kevin Kilman, CEO and co-founder of the online application, is hoping Instaradio will eventually become what video is to YouTube and photos is to Instagram. In other words, it'll become the way to share audio online.

Although most of my listening is done online these days, the oft-debated art of broadcast radio is not dying a slow death, just simply re-inventing itself… and Kilman agrees.

"When you think of photos you think of Instagram, text is Tumblr and Twitter but no one has captured the audio market," he states.

"And what we have realized is that audio has an emotional context to it that readers want, something you can't get from words or photos," he says.

Streaming music playlists, broadcasts and events can all be done with the push of a button, which is why in hindsight the product's name doesn't sum up Instaradio's capabilities as accurately as he'd like.

"People are a little confused about (the name)," he confesses. "It's a PA system, not just a radio, with one button that streams live radio and other stuff that can be heard on any tablet, computer or phone."

Since the company's preliminary launch last month, the free (yep, you heard right, free) app has been downloaded more than 13,000 times. So far, users can enjoy more than 150 hours of content that can sync with Facebook and Twitter.

But despite Instaradio's early success, Kilman still has to defend it against naysayers who don't understand its limitless appeal.

"I've had this discussion with a lot who say they would rather do the video thing or text to share information because it's easier, but the funny thing is that it's not that people don't enjoy talking, it's just that there isn't a great application to do it. So most people don't."

• Go to metronews.ca/voices/mom-and-pop-shops to learn more about how Instaradio is changing the world of radio.

NHL

Leafs give 3-year deal to Gunnarsson

The Toronto Maple Leafs re-signed defenceman Carl Gunnarsson to a three-year deal Monday, avoiding salary arbitration.

Gunnarsson, 26, had one goal and 14 assists in 37 games last season.

THE CANADIAN PRESS

Sochi Olympics

Team Canada turns to familiar faces

Sidney Crosby and Jonathan Toews lead a list of 47 players invited to a summer orientation camp for the Canadian men's Olympic hockey team.

The camp in Calgary from Aug. 25 to 28 will begin the process of selecting the 25 players who will play for Canada at the 2014 Winter Games in Sochi, Russia.

Crosby and Toews are among 15 of the invitees who helped Canada win at the 2010 Olympics in Vancouver. The others are goalie Roberto Luongo, defencemen Dan Boyle, Drew Doughty, Duncan Keith, Brent Seabrook and Shea Weber, and forwards Patrice Bergeron, Corey Perry, Ryan Getzlaf, Rick Nash, Mike Richards, Eric Staal and Joe Thornton.

THE CANADIAN PRESS

NBA

Augustin latest addition to Raps

Toronto president and general manager Masai Ujiri continued to remake the Raptors Monday with the addition of guard D.J. Augustin.

Augustin adds another defender to the cupboard for head coach Dwane Casey. THE CANADIAN PRESS

The Raptors officially acquired D.J. Augustin on Monday. In 358 NBA games Augustin has averaged 9.6 points and 4.0 assists. GETTY IMAGES

Jays winning off the field

The Toronto Blue Jays' high-priced makeover has largely flopped on the field to date this season, but the franchise still has plenty to celebrate.

- **+18%.** Attendance, over the first 46 home games was up 18 per cent over 2012 (league-wide attendance reportedly declined three per cent the first half of this season).
- **14th.** Before Monday's 14-5 loss to the Dodgers, Toronto was averaging 31,884 fans, 14th in the majors. It ranked last in the AL East.
- **-9%.** As of July 10, Sportsnet was averaging 544,000 viewers (aged two and over) for Jays' broadcasts. That's nine per cent down from the 2012 average of 595,000 at this point of the season but up 10 per cent from 2011's average of 496,000.
- **18-34.** The Jays say fans aged 18 to 34 represented about a third of their fan base in the late '90s and early '00s. Now it is 50 per cent. And the majority of fans 18 to 24 "skews very highly female (57 per cent) and is one of the fastest-growing segments of our entire demographic slice," according to Anthony Partipilo, the Jays' vice-president of marketing and merchandising.

THE CANADIAN PRESS

Braun bites the bullet

MLB. Brewers star accepts penalty for violating baseball's drug program

Ryan Braun, the 2011 NL MVP, won't appeal his ban for violating MLB's drug program. GETTY IMAGES

Former National League MVP Ryan Braun was suspended without pay for the rest of the season and the post-season Monday in the first penalty following Major League Baseball's investigation of the Florida clinic accused of distributing performance-enhancing drugs.

Braun accepted the penalty.

"I am not perfect. I realize now that I have made some mistakes. I am willing to accept the consequences of those actions," he said in a statement.

MLB attempted to suspend Braun for a positive drug test after the 2011 season, but an arbitrator overturned the penalty because the star's urine sample was not handled as specified by baseball's drug agreement.

Braun, Yankees star Alex Rodriguez and more than a dozen players were targeted by MLB following a report by Miami New Times in January that they had been connected with Biogenesis of America, a now-closed anti-aging clinic.

Commissioner Bud Selig announced the penalty, citing Braun for multiple unspecified "violations" of baseball's drug program and labour contract.

Under the agreement reached by MLB and the players' association the specifics of Braun's admission won't be made public. The sides also wouldn't say whether this counted as a single violation or more under baseball's drug agreement.

"We commend Ryan Braun for taking responsibility for his past actions," said Rob Manfred, MLB's executive vice-president for economics and league affairs. "We all agree that it is in the best interests of the game to resolve this matter. When Ryan returns, we look forward to him making positive contributions to Major League Baseball, both on and off the field."

Union head Michael Weiner said in a statement: "I am deeply gratified to see Ryan taking this bold step. It vindicates the rights of all players under the joint drug program. It is good for the game that Ryan will return soon to continue his great work both on and off the field."

Braun's acceptance of a suspension marks a 180-degree turnaround from his defiant spring training news conference in Phoenix last year, after his 50-game ban was overturned.

"We won," he said then, "because the truth is on my side. The truth is always relevant, and at the end of the day, the truth prevailed."

THE ASSOCIATED PRESS

Costly 'mistakes'

$3M

Ryan Braun will miss the Brewers' final 65 games, costing him about $3 million of his $8.5 million salary.

New legacy. New MLSE boss Leiweke apologizes to Leafs alumni

Tim Leiweke TORSTAR NEWS SERVICE

Tim Leiweke says he meant no disrespect to former players in talking about taking down photos of past Maple Leafs at the Air Canada Centre.

But the new Maple Leaf Sports & Entertainment president and CEO is also not backing down on the concept of focusing on the present.

"I'm not here to stomp on the alumni," he said in an interview Monday. "One of the reasons anyone wants to come and be a part of this organization is the history and tradition of the Maple Leafs.

"It is 100 years that is unbelievable and, quite frankly with the exception of maybe the Canadiens, unmatched.

"And so this is not a debate nor is it meant in any way to criticize or minimize our history. It was never meant to do that. And for that I'm extremely apologetic, because I don't want the alumni thinking there was any debate there."

Leiweke's words sparked debate among sports fans in Toronto, which has not celebrated a Stanley Cup championship since 1967. He also turned heads when he said in earlier interviews that he had already planned a Stanley Cup parade route. THE CANADIAN PRESS

Platinum problem

"I want a team that ultimately no one wants to miss a minute." MLSE president and CEO Tim Leiweke on the Air Canada Centre's most expensive seats being empty when the puck drops to start each period.

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Horoscopes

♈ Aries
March 21 - April 20
You have sacrificed a lot of late and no doubt feel you are entitled to something in return — and you're right. Decide what you want then reach out and take it.

♉ Taurus
April 21 - May 21
The conditions you find yourself in are largely of your own making. If you want to change things, the effort must come from you. Loved ones will help but only if you ask.

♊ Gemini
May 22 - June 21
The Sun's change of signs means you would like nothing better than to forget about serious things and have fun. So why don't you? Life is too short to waste even one day doing what you don't enjoy.

♋ Cancer
June 22 - July 23
You have something important to deal with and although the Sun has moved out of your sign, Mars and Jupiter will give you all the energy and enthusiasm you need to sort it out.

♌ Leo
July 24 - Aug. 23
As the Sun begins its transit of your birth sign, you can afford to be more adventurous. By all means, weigh up the pros and cons but don't let fear or other people's disapproval hold you back. Go for it.

♍ Virgo
Aug. 24 - Sept. 23
You may have to put others' needs ahead of your own but if you stand back and see the bigger picture, you'll realize you are helping yourself as well. Everyone benefits.

♎ Libra
Sept. 24 - Oct. 23
If you have made a mistake then admit it. It's really no big deal. Everyone does something silly once in a while, so make light of it and then move on.

♏ Scorpio
Oct. 24 - Nov. 22
The next few days will be productive, especially on the work front where you will find favour with important people. The most important thing is that you have a clear mental image of your long-term goal.

♐ Sagittarius
Nov. 23 - Dec. 21
If someone has displeased you then you must let them know. You may be forgiving by nature but if you let them get away with it, they may think they can do it again.

♑ Capricorn
Dec. 22 - Jan. 20
Don't waste time on people who refuse to play by the rules. Either come down on them hard or cut them out altogether. It doesn't matter which approach you choose as long as you mean it.

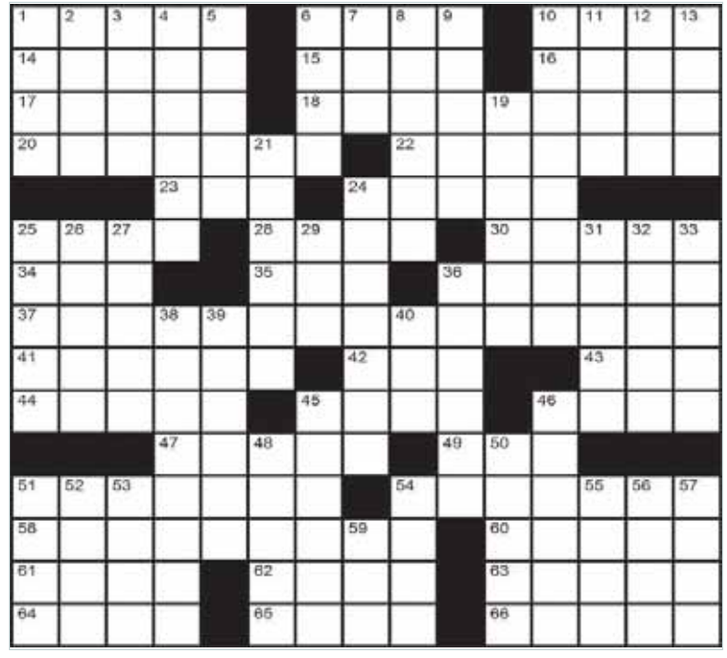
♒ Aquarius
Jan. 21 - Feb. 19
A dispute will disturb your peace of mind today and you must deal with it before it gets out of hand. This is a great time for affairs of the heart. Don't let anything spoil it.

♓ Pisces
Feb. 20 - March 20
If you push yourself harder than usual today, you will get more done. But don't risk hurting yourself physically. Nothing is more important than your wellbeing, not even success. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. "La __ Nikita"
6. Suzanne Vega song
10. Fashion designer, L'__ Scott
14. Manner of speaking
15. "Up and __ '__!" (Rise and shine!)
16. Digger's creation
17. Italian luxury brand
18. Locale of Acadia University in Nova Scotia
20. Juno-winning Hamilton band
22. Quickly fried
23. __ bread
24. Country music's Mr. Haggard
25. Mend the mitten
28. "Or so __ say." (Apparently)
30. Run after
34. Veggie of Japan
35. Canuck band, __ 41
36. Prison guard in ye olden times
37. The Potato Eaters, for one: 3 wds.
41. Brendan Fraser comedy, "__ Man" (1992)
42. Selfish sort
43. Dove's sound
44. diy Network implements
45. Boxing locale
46. Mr. Frobe who played the title role in James Bond movie "Goldfinger" (1964)
47. Shoe's strings
49. Worcestershire sauce brand, __ & Perrins
51. Stars: French
54. BC city
58. "Lovers in a __ Time" by Bruce Cockburn
60. Loathing
61. Prefix to 'gon' (Eight-sided shape)
62. Ms. Bombeck
63. Al __ (Pasta-cooking consistency)
64. NASA target in 1969
65. 'Trick' suffix
66. Door sign

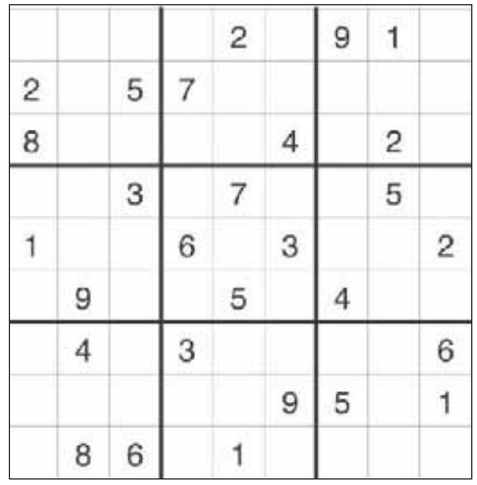
Down

1. Soccer org.
2. Broadway star Linda
3. Weasel relative
4. New
5. 19th-century poet Ms. Dickinson
6. Rules
7. __-Aztecan languages
8. Actor Mr. Grammer
9. Intl. AIDS research foundation
10. Red Rider song: 2 wds.
11. Auditioner's hope
12. French pronoun
13. Require
19. Alberta town Trekkies love
21. The Cars hit: 2 wds.
24. City of ancient Egypt
25. Comforter
26. A Bell for __ (John Hersey Pulitzer-winning novel)
27. Gadgets brand in vintage TV ads
29. "Er, what's that?"
31. Set-in-a-diner TV series
32. Mister: Spanish
33. Grain fungus
36. Little laugh
38. Island-dwelling TV guy
39. Store items, at times: 2 wds.
40. Get an '_' __ (Score better than B+)
45. Ritzy retreat
46. Do yard work
48. Roman goddess of agriculture
50. Wear away
51. Ancient Dead Sea land
52. Restaurant chain, __ Bell
53. Particular preposition
54. Bolshevik-opposed ruler
55. The Turtles tune: "It __ Me Babe"
56. Adorable
57. 'E' in EMT, for short
59. Apricot-like Japanese fruit

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

2	9	5	7	3	1	4	8	6
1	3	4	8	6	5	9	7	2
8	7	6	4	9	2	1	5	3
3	5	8	9	4	7	6	2	1
7	6	1	2	8	3	5	9	4
4	2	9	5	1	6	7	3	8
6	8	2	1	5	9	3	4	7
5	1	7	3	2	4	8	6	9
9	4	3	6	7	8	2	1	5

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